



CHARLES B. WANG
COMMUNITY HEALTH CENTER
王嘉廉社區醫療中心

A non-profit community health center established in 1971 to ensure that Asian Americans in New York City have access to quality health care.

Prenatal Care: Take Care of Yourself and Your Baby

An Interview with Dr. Kin Kong

Dr. Kin Kong received his medical degree from the State University of New York Health Center at Brooklyn and specializes in obstetrics and gynecology. At the Charles B. Wang Community Health Center (CBWCHC), he is the senior OB/GYN attending physician. Dr. Kong has delivered more than 2,000 babies in the last five years. He delivered two New Year's babies who made headlines in 2007 and 2009. Dr. Kong is on-call very often. He enjoys his job because it allows him to "bring so much joy and hope to people's lives." Dr. Kong answers our questions:

Why is early prenatal care so important?

As the father of two children, I understand how badly parents want their baby to be healthy. However, many people don't know that receiving early prenatal care greatly improves their chances of having a healthy baby. Prenatal care during the first three months of pregnancy is especially important for a fetus' growth and development. If you see a doctor early and get regular check-ups, you will know how your baby is doing. You can find out about small problems or even correct them before they become bigger ones.

What can happen if a woman does not get prenatal care during the first three months of her pregnancy?

Last year, I had a patient who didn't see a doctor until she was five-months pregnant. Her mother and grandmother never received prenatal care, so she thought she did not need it either. I found out she had high blood pressure, which made her baby



Director of Women's Health Rebecca Sze and senior OB/GYN attending physician Dr. Kin Kong with the first baby of 2009 in NYC.

much smaller than normal. If her blood pressure remained high, she might have had serious health problems and delivered the baby too early. Fortunately, we got her blood pressure under control, and the baby was fine. However, the baby could have been healthier if the mother saw us earlier. It is important to get prenatal care as soon as you know you are pregnant. Also, keep all your appointments, even if you feel fine.

Why do pregnant women have to see other health care providers in addition to the doctor?

Doctors can't do it all. We need nurses, nutritionists, genetic counselors, social workers, health educators, and family health workers. Doctors rely on nurses to care for patients and on nutritionists to make sure the patient has a healthy diet. We depend on genetic counselors to help patients make important decisions and social workers to counsel patients on social and family issues. Doctors also need health educators who teach patients how to care for themselves and their babies. We then work with family health workers to organize care and follow-up with each patient. Together, we can help mothers and their babies stay healthy.

CBWCHC is dedicated to providing comprehensive and high quality care to patients. At the Women's Health Department, women also receive low-cost or free family planning services and gynecological care. We offer:

- Medical check-ups and access to specialists, e.g. genetic counselors, nutritionists
- Hospital care during pregnancy and delivery
- Hepatitis B testing and counseling
- Confidential HIV/STI testing, counseling, and treatment
- Education on pregnancy, delivery, and postpartum care and newborn care
- WIC program
- Family planning

If a pregnant woman has no health insurance, the health center can help her enroll in the free Prenatal Care Assistance Program (PCAP) regardless of her legal status.

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To find out more about women's health services, please call (212) 966-0228 (Chinatown) or (718) 886-1200 (Flushing).

Healthy Foods for a Healthy Chinese New Year:



During Chinese New Year, we like to entertain friends and family by throwing parties and making festive foods. However, these foods can be high in sugar, salt, or fat and low in nutritional value. To start off with a healthy lifestyle for the new year, here are some tips to choose and prepare healthy food for your Chinese New Year celebration:

- Family and friends who have diabetes, high blood pressure, and high cholesterol need special attention when it comes to food. Read food labels and choose foods that are low in sugar, salt, and saturated fat.
- Avoid processed and preserved foods like pickled vegetables and canned products. Instead, use fresh ingredients.
- Check pre-packaged food for expiration dates and make sure the packages are sealed. For unpackaged food, pay attention to the cleanliness of the store.
- Try dried fruits, baked snacks, and unsalted nuts as healthier alternatives to any sugary or fried traditional snacks.
- Cook healthier by steaming, grilling, and baking. If you must fry, use healthier oils like canola and corn oil.
- Flavor dishes with garlic, onion, shallots, and ginger instead of sauces that may have lots of sugar or salt. If you use sauce, put it in a separate bowl or dish, so you can control how much you use.

Free Hepatitis B Screening

Free Hepatitis B Screening and Counseling!

Call (212) 379-6996 or (718) 886-1212 for an appointment.

Keep Warm. Protect Yourself from Hypothermia and Frostbite.



In the winter, the extreme cold, wind, snow, and ice increase your risk for hypothermia and frostbite. You can get hypothermia when your body's temperature drops to a dangerous level from the cold weather. Hypothermia causes shivering, drowsiness, exhaustion, confusion or memory loss, and slurred speech. Frostbite occurs if you are exposed to the cold for a long time, and your skin freezes. When you have frostbite, you lose feeling, and your skin has a white or pale appearance. People with hypothermia or frostbite need medical attention right away. To help prevent these conditions:

- Check the weather report, so you can dress properly.
- Wear a hat or scarf to cover your head. Much of your body's heat is lost from your head.
- Wear layers of clothes to protect your body from the cold.
- Keep your clothing dry. Remove any layer that becomes wet.
- Stay in a warm room during the coldest days. This is especially important for young children and the elderly.

What to Do if You Lose Heat

Heat and hot water are essential to every household. If you lose heat and hot water service, tell your building owner or superintendent. Follow these tips to keep you and your family safe and warm:



- Stay in a well insulated room. Hang blankets over windows and doorways to trap warm air and insulate your home.
- Dress warmly. Wear hats, scarves, gloves, and layers of clothes.
- Use portable heaters that are approved for indoor use.
- Turn on the faucets to a steady drip to prevent the pipes from freezing.

If the building owner or superintendent does not correct the problem, call 311 for the Department of Housing Preservation and Development (HPD). Stay with friends, family, or neighbors until heat is restored.

Stay Healthy. Get a Check Up. Make an appointment! Call or visit us at:

268 Canal St., New York, NY 10013

125 Walker St., New York, NY 10013


136-26 37th Ave., Flushing, NY 11354

Internal Medicine 212-379-6996 Women's Health 212-966-0228

Pediatrics 212-226-3888 Dental 212-226-9339

Internal Medicine, OB/GYN 718-886-1200 Pediatrics 718-886-1222

健康飲食--過一個健康的農曆新年：

在農曆新年期間，我們喜歡招待親朋好友，開派對，烹煮節日食物。可是，這些食物可能含有高糖、高鹽或高脂而營養價值卻不高。如何選擇和烹調健康的食物來慶祝農曆新年，從而在新年開始健康的生活方式？下面提供一些建議。

- 有糖尿病、高血壓和高膽固醇的家人和朋友，在飲食上有特別的要求。請仔細查看食品的營養標籤，選擇低糖、低鹽和飽和脂肪含量低的食物。
- 選用新鮮材料，避免加工食品和醃製品，比如醃菜和罐頭。
- 查看包裝食品的過期日，並確保包裝封口完好。選購散裝食品時，注意商店是不是清潔。
- 選用更健康的乾果、烘製品和無鹽堅果來代替傳統的高糖或油炸點心。
- 使用更健康的烹調方式，包括清蒸、燒烤和烘焙。如果必須油炸，使用更健康的油，比如菜籽油(Canola)和玉米油。
- 調味時，使用蒜頭、洋蔥、紅蔥頭和薑，取代可能含有大量糖或鹽的醬汁。如果要用醬汁，分開盛放在另外的碗碟中，方便控制使用量。

免費乙型肝炎篩檢

免費乙肝篩檢和諮詢！

請致電(212) 379-6996
或(718) 886-1212預約。

冬天要保暖，預防體溫過低和凍傷。



冬季的嚴寒、風雪和冰凍會導致體溫過低和凍傷。如果天氣寒冷，你的體溫降至危險程度，你會患上體溫過低症。體溫過低會導致顫抖、困倦、疲勞、意識紊亂或失憶，以及口齒不清。如果你在嚴寒中停留太久，皮膚會凍傷，皮膚凍傷後，皮膚會喪失知覺及發白。體溫過低和凍傷者需要馬上接受治療。如何防止這些情況發生呢？

- 查看天氣預報，因應天氣情況穿上合適的衣服。
- 帶上帽子或圍巾保護頭部。身體大部分的熱量是從頭部散失的。
- 穿多層的衣服來保暖。
- 保持衣服乾爽，脫去濕了的衣服。
- 在最寒冷的日子裡，待在溫暖的房間裡。這點對幼兒和老年人特別重要。

如果暖氣停了怎麼辦？

暖氣和熱水是每個家庭的基本需要。如果你家的暖氣和熱水停了，告訴房東或房屋管理員。請參考下列建議，讓你家安全又溫暖。



- 待在密封良好的房間裡。在窗前和門道上掛上毯子，以阻止暖空氣流失，抵擋室外冷風。
- 穿保暖的衣服。衣服要多層，帶上帽子、手套和圍巾。
- 選擇符合室內使用的移動式取暖器。
- 為防止水管結冰，把水龍頭打開一點點，讓水可以持續不斷地滴下來。

如果房東或管理員不解決問題，致電311，跟紐約市住屋保護發展局取得聯係。到親戚朋友或鄰居家裏去，等到暖氣恢復後再回家。

健康乃是無價寶，定期體檢身體好。

請與本中心預約做定期身體檢查，你可到下列任何一間醫療中心就診：

華埠堅尼路268號，郵政號碼10013

華埠獲加街125號，郵政號碼10013

法拉盛37大道136-26號，郵政號碼11354

內科部 212-379-6996

兒科部 212-226-3888

內科，婦產科部 718-886-1200

婦女健康部 212-966-0228

牙科部 212-226-9339

兒科部 718-886-1222



王嘉廉社區醫療中心成立於1971年，是一所非牟利的健康醫療機構，致力於為紐約的美國亞裔提供優質的醫療保健服務。

產前護理要盡早， 產婦寶寶身體好。 —江建晶醫生專訪

江建晶醫生於紐約州立大學布祿崙醫療中心獲得醫學學位，專修婦產科。在過去5年來，他在王嘉廉社區醫療中心接生了2,000多名嬰兒，其中兩名嬰兒分別是紐約市2007年和2009年的新年寶寶，因此上了報紙的頭條新聞。江醫生經常電話值班，他熱愛自己的工作，他覺得“這份工作能給人們帶來歡樂和希望”。江醫生為我們解答一些有關產前護理的問題。

為什麼盡早接受產前護理非常重要？

我自己是2個孩子的父親，我理解到每個父母都竭盡全力地要讓自己的寶寶健康。但有很多人不知道，如果產前護理做得早，生個健康寶寶的機會就大大提高。懷孕期的前3個月內，產前護理對胎兒的生長特別重要。如果你早看醫生，定期做檢查，你可以知道寶寶生長的情況，你可以儘早發現一些問題，而在問題變嚴重之前處理。

如果孕婦在懷孕期的頭三個月內不做產前護理，會有什麼後果？

去年，我有個孕婦病人，她在懷孕5個月後才來看醫生。以前她的母親和祖母從未接受過產前護理，所以她覺得自己也不需要做產前護理。我發現她有高血壓，所以胎兒長得特別小。如果她的血壓一直高下去，她的健康可能會有嚴重問題，並且可能早產。幸運的



婦科部主任施蔡健芬及江建晶資深婦產科醫生與紐約市2009年新年寶寶合照。

是，我們控制了她的血壓，她的寶寶情況良好。但是，如果她能早點來看醫生，她的寶寶會更健康。因此，當你知道自己懷孕後，應馬上接受產前護理，這點非常重要。另外，即使你感覺很好、很健康，也應該定期去看醫生。

除了醫生以外，為什麼孕婦還需要其他專業醫護服務？

醫生並不能為孕婦提供所需的全部服務。我們需要護士、營養師、遺傳學顧問、社工、健康教育員以及家庭醫護員。醫生需要護士照顧病人，營養師確保病人飲食健康。我們還需要遺傳學顧問來幫助病人作出重要的決定，需要社工來為病人提供有關家庭和社會問題的諮詢。醫生也需要健康教育員來指導病人如何照顧自己和寶寶。我們還需要家庭醫護助理為病人跟進及轉介到各種醫療護理服務。我們一起來幫助媽媽和寶寶保持健康。

王嘉廉社區醫療中心致力於為病

人提供全面優質的醫療服務。在我們的婦女健康部，婦女可以獲得收費低廉或免費的家庭計劃和婦科服務。我們提供：

- 體檢，專科服務，例如：
遺傳學顧問、營養師
- 懷孕期和分娩時所需的住院醫療照護
- 乙肝測試和諮詢
- 保密的愛滋病毒和性傳播疾病的測試、諮詢和治療
- 有關懷孕、分娩、產後護理和新生兒護理的教育
- 婦孺營養(奶票)計劃
- 家庭生育計劃

如果孕婦沒有醫療保險，不論她身份合法與否，只要符合有關條件本中心都能協助她申請免費的孕婦醫療補助計劃。

詳情請電婦女健康部，電話(212) 966-0228 (華埠)，(718) 886-1200 (法拉盛)。